

A Constructive Christian Perspective on Positive Psychology

Originally the field of psychology had a threefold mission: to cure mental illness, yes, but also to find ways to make life fulfilling for all and to maximize talent. Over the last century, a focus on mental illness has often been prioritized over studies of health, to the point that many people assume “psychologist” is just another way of saying “psychotherapist.” This book is about one attempt to restore the discipline’s larger mission.

Positive psychology attends to what philosophers call “the good life.” It is about fostering strength and living well—about how to do a good job at being human. Some of that will involve cheerful emotions, and some of it will not. There are vital roles to be played by archetypal challenges such as those involving self-control, guilt, and grit, and even the terror of death enters into positive psychology’s vision of human flourishing.

Charles Hackney connects this still-new movement to foundational concepts in philosophy and Christian theology. He then explores topics such as subjective states, cognitive processes, and the roles of personality, relationships, and environment, also considering relevant practices in spheres from the workplace to the church and even the martial arts dojo. Hackney takes seriously the range of critiques positive psychology has faced as he frames a constructive future for Christian contributions to the field.



“If you’re looking for the most thorough and thoughtful look at positive psychology from a Christian perspective, this is it.”

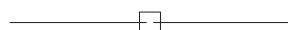
MARK R. McMINN
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“For the reader who wants to put a Christian understanding of positive psychology in historical, theological, philosophical, and psychological perspective, this is the definitive book.”

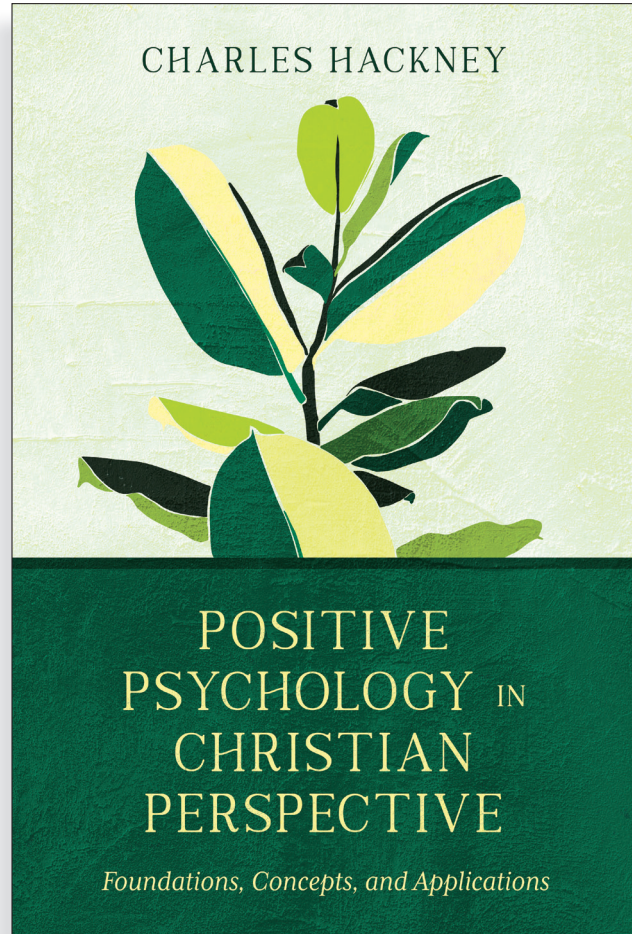
EVERETT L. WORTHINGTON JR.
Virginia Commonwealth University

“I would highly recommend this book as a resource for scholars and clinicians, and I would see it as an excellent choice for a Christian-focused undergraduate or graduate course on positive psychology.”

JULIE J. EXLINE
Case Western Reserve University



CHARLES HACKNEY (PhD, SUNY Albany) is associate professor of psychology at Southern Wesleyan University in South Carolina.



INTRODUCTORY >>>

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